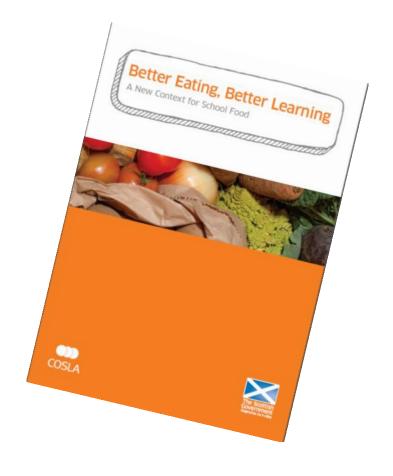
## Workshop C Health – Partnership – Learning

Where are we now, the need for dietary change and encouraging knowledgeable consumers

How does school food promote good food choices, why do menus matter?

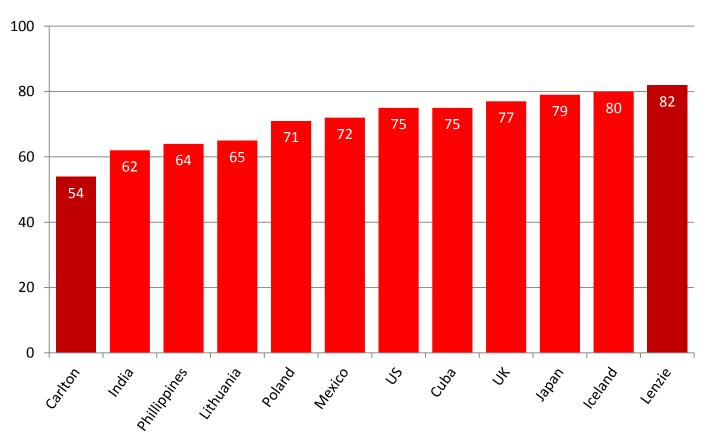
How well do suppliers, teachers and catering staff Understand their role?



Andrew Kennedy, Acting Head of Facilities Management, East Ayrshire Council Claire Hislop, Development Manager – Food & Health, NHS Health Scotland



#### MALE LIFE EXPECTANCY AT BIRTH





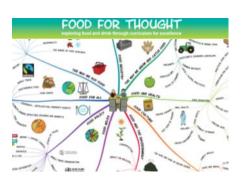
#### What we have

Schools have <u>a duty to be health promoting</u> and are ideally placed to make a positive influence on dietary choices and health of children and young people.

Setting <u>exemplar standards</u> in food provision in schools and across the wider community can play a central role on achieving the Scottish dietary goals

Schools can help <u>address health inequalities</u> with free school meals playing an important contribution to the diet of children and young people in low income communities.









#### **Question?**

What training is in place for all staff, teachers and caterers on aspects of the Act, eat well plate & food and health?

#### Whole school approach

**Exemptions** Fruit and Veg

Menu Development

Curriculum Experiences & Outcomes Recipe promotions

**Nutrient Standards** 

Oily fish

Scientific Basis

**Promote School Lunches** 

Nutritional Regulations

Salt Food Choices

Food and Drink Standards

Drinking Water Protect the identity of free meal children

Principles and aims



#### **Question?**

How does food education and school food provision drive dietary change through influencing the food choices made by children and young people?

marketing

Fresh unprocessed foods

Cooking skills

**Inequalities** 

Consistent message

Involvement of pupils

Attractive presentation

**Active Lifestyles** 

High street competition

Positive experiences

Where does my food come from? Variety, choice & new options

Diet advice

Lead by example

What's in my lunch?

Develop good eating habits



#### Question?

How is responsibility and accountability for food and health shared between relevant parties?

**Pupil Councils** 

**Parents** 

**Food Businesses** 

**Teachers** 

**Scottish Government** 

**Cross Curriculum Community Groups** 

Caterers Scotland Excel **Local Authority** 

Chefs

**Parent Council** 

**Active Schools** 

Food Suppliers Food Standards Agency

**Partnerships** 

**Education Scotland Psychologists** 

**Environmental Health** 

Public Health NHS

Children in Scotland